

FEELING FIT CLUB



How to access Feeling Fit Club Videos at home

Feeling Fit Participants are encouraged to continue exercising from home during this time by watching the Feeling Fit Club videos online, public access television, or by requesting a DVD.

How to request a DVD:

To request a Feeling Fit Club DVD and/or stretch band for home use, call and leave a message for the Health Promotion team at 858-495-5500.

You can also email us with your request at HealthierLiving.HHSA@sdcounty.ca.gov.

To access Feeling Fit Club online:

Visit the following websites:

- https://www.youtube.com/watch?v=IYaB4RG_pwA
- <https://www.countynewscenter.com/time-to-get-fit-with-feeling-fit-club/>

To view Feeling Fit Club on TV:

Feeling Fit Club is available via Public Access Television (Monday through Friday at 8am, 1pm, and 4pm). The following channels host the show. Please be aware that Feeling Fit Club on TV is subject to being preempted:

- Cox Channels 19 and 24
- Spectrum Channels 24 and 85
- AT&T U-Verse Channel 99

If you have questions, please email us at HealthierLiving.HHSA@sdcounty.ca.gov or call us at 858-495-5500